

JUNE 2022

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JULY
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitamin C for lunch	Vitamin C for lunch	Costco shopping	Vitamin C (1) for lunch	Vitamin C (2) for lunch	San Francisco (3) NO vitamins at all today!	Vitamin C (4) for lunch
Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner
Vitamin C (5) for lunch	Vitamin C (6) for lunch	Oracy, CA (7)	Vitamin C (8) for lunch	Vitamin C (9) for lunch	Vitamin C (10) for lunch	Vitamin C (11) for lunch
Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner 1st Quarter Moon	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner
Vitamin C (12) for lunch	Vitamin C (13) for lunch	RF Period (14) Vitamin C for lunch Flag Day Full Moon	RF Period (15) Vitamin C for lunch	Vitamin C (16) for lunch	Vitamin C (17) for lunch	B-day Mom (18) 12:30 pm ONLY
Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Vitamin C for lunch	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner
Vitamin C (19) for lunch	Vitamin C (20) for lunch	RF Period (21)	22	23	24	25
Flintstone & Vitamin for dinner	Flintstone & Vitamin for dinner 3rd Quarter Moon	Summer Solstice			St. Jean Baptiste Day (Canada)	

JUNE
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JULY 2022

AUGUST
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-26-2022 Flintstone Vitamin C for dinner					1	2
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	Independence Day		1st Quarter Moon		Canada Day (Canada)	
10	11	12	13	14	15	16
Eid al-Adha			Full Moon			RF + ps serchange Vitamin C for lunch
Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch
Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner
Vitamin C for lunch	Flintstone for dinner only	Vitamin C for lunch	Flintstone & Vitamin C for dinner	Vitamin C for lunch	Vitamin C for lunch	Vitamin C for lunch
Flintstone & Vitamin C		Vitamin C for lunch	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner

JULY
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AUGUST 2022

SEPTEMBER
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RF period 8-18 ~ 15-2022	Vitamin C (1) for lunch	Vitamin C (2) for lunch	Vitamin C (3) for lunch	Vitamin C (4) for lunch	Vitamin C (5) for lunch	Vitamin C (6) for lunch
	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner 1st Quarter Moon	Flintstone & Vitamin C for dinner
Vitamin C (7) for lunch	Vitamin C (8) for lunch	Vitamin C (9) for lunch	Vitamin C (10) for lunch	Vitamin C (11) for lunch	Vitamin C (12) for lunch	Vitamin C (13) for lunch
Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner
Vitamin C (14) for lunch	Vitamin C (15) for lunch	Vitamin C (16) for lunch	Vitamin C (17) for lunch	Vitamin C (18) for lunch	Vitamin C (19) for lunch	Vitamin C (20) for lunch
Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner 3rd Quarter Moon	Flintstone & Vitamin C for dinner
Vitamin C (21) for lunch	8-22-2022 (22) SPSd accommodation meeting	Vitamin C (23) for lunch	Vitamin C (24) for lunch	Vitamin C (25) for lunch	Vitamin C (26) for lunch	Vitamin C (27) for lunch
Flintstone & Vitamin C for dinner	9am - 10am Vitamin C for lunch	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner	Flintstone & Vitamin C for dinner New Moon
Vitamin C (28) for lunch	8-29-2022 (29) MY Fall 2022 class starts	Vitamin C (30) for lunch	Vitamin C (31) for lunch	8-22-2022 Flintstone		

APRIL
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MAY 2022

JUNE
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitamin C (1) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (2) for Lunch Flintstone & Vitamin C for Dinner	Costco shopping (3) Flintstone & Vitamin C for Dinner Eid al Fitr	FA Dr. Scott 11:45 am (4) Vitamin C for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (5) for Lunch Flintstone & Vitamin C for Dinner Cinco de Mayo	Costco shopping (6) Novitamins today at all.	Vitamin C (7) for Lunch Flintstone & Vitamin C for Dinner
Saga Lunch (8) Flintstone & Vitamin C for Dinner Mother's Day 1st Quarter Moon	Vitamin C (9) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (10) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (11) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (12) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (13) for Lunch Flintstone & Vitamin C for Dinner	Costco shopping (14) Flintstone & Vitamin C for Dinner
Vitamin C (15) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (16) for Lunch Flintstone & Vitamin C for Dinner Full Moon	4/2/2022 (17) ID APPt. Flintstone & Vitamin C for Dinner	Vitamin C (18) for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (19) for Lunch RF Period Vitamin C for Dinner ONLY	Costco shopping (20) Vitamin C & Flintstone for Dinner ONLY	Vitamin C (21) for Lunch Flintstone & Vitamin C for Dinner Armed Forces Day
Vitamin C (22) for Lunch Flintstone & Vitamin C for Dinner 3rd Quarter Moon	Vitamin C (23) for Lunch Flintstone & Vitamin C for Dinner Victoria Day (Canada)	Vitamin C (24) for Lunch Flintstone & Vitamin C for Dinner	RF Period (25) Vitamin C for Lunch Flintstone & Vitamin C for Dinner	Vitamin C (26) for Lunch Flintstone & Vitamin C for Lunch	Mon & Dad's (27) shot Flintstone & Vitamin C for Dinner ONLY	Vitamin C (28) for Lunch Flintstone & Vitamin C for Dinner
Vitamin C (29)	Vitamin C (30)	RF 220 Optometry (31)				

OCTOBER 2022

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NOVEMBER
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12-28-2022

~1-4-2023

RF Period

DECEMBER 2022

RF Period
11-30~12-6-2022

JANUARY 2023
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				RF Period Vitaminic 1 for lunch Flintstone & Vitaminic for dinner	Vitaminic 2 for lunch Flintstone & Vitaminic for dinner	Vitaminic 3 for lunch Flintstone & Vitaminic for dinner
NO Vitaminic 4 at all	Vitaminic 5 for lunch Flintstone & Vitaminic for dinner	Vitaminic 6 for lunch Flintstone & Vitaminic for dinner	Vitaminic 7 for lunch National Pearl Harbor Remembrance Day Full Moon	Vitaminic 8 for lunch Flintstone & Vitaminic for dinner	Flintstone 9 & Vitaminic for dinner	Vitaminic 10 for lunch Flintstone & Vitaminic for dinner
Vitaminic 11 for lunch Flintstone & Vitaminic for dinner	Vitaminic 12 for lunch Flintstone & Vitaminic for dinner	Vitaminic 13 for lunch Flintstone & Vitaminic for dinner	Vitaminic 14 for lunch Flintstone & Vitaminic for dinner	Vitaminic 15 for lunch Flintstone & Vitaminic for dinner	Vitaminic 16 for lunch Vitaminic & Flintstone 3rd Quarter Moon	Vitaminic 17 for lunch Flintstone & Vitaminic for dinner
Santa Clara, CA 18 Flintstone & Vitaminic for dinner Vitaminic-Lunch	Flintstone 19 & Vitaminic for dinner only Hanukkah	Vitaminic 20 for lunch Flintstone & Vitaminic for dinner	Vitaminic 21 for lunch Flintstone & Vitaminic for dinner Winter Solstice	Vitaminic 22 for lunch Flintstone & Vitaminic for dinner	Vitaminic 23 for lunch Flintstone & Vitaminic for dinner New Moon	Vitaminic 24 for lunch Flintstone & Vitaminic for dinner
Vitaminic 25 for lunch	Vitaminic 26 for lunch	Vitaminic 27 for lunch	RF Period 28 Vitaminic	Vitaminic 29 for lunch	Vitaminic 30 for lunch	Vitaminic 31 for lunch

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NOVEMBER 2022

DECEMBER
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Vitamin C (1) for lunch Flintstone & Vitamin C for dinner 1st Quarter Moon	Vitamin C (2) for lunch Flintstone & Vitamin C for dinner	Vitamin C (3) for lunch Flintstone & Vitamin C for dinner	Vitamin C (4) for lunch R Period Flintstone & Vitamin C for dinner	Vitamin C (5) for lunch Flintstone & Vitamin C for dinner
Vitamin C (6) for lunch Flintstone & Vitamin C for dinner Daylight Saving Time Ends	Vitamin C (7) for lunch Flintstone & Vitamin C for dinner	Vitamin C (8) for lunch Flintstone & Vitamin C for dinner Election Day Full Moon	Vitamin C (9) for lunch Flintstone & Vitamin C for dinner	R Period (10) Flintstone & Vitamin C for dinner Curio delivery 7am - 9pm	11am Dunkist (11) Flintstone & Vitamin C for dinner Veterans Day Remembrance Day (Canada)	Vitamin C (12) for lunch Flintstone & Vitamin C for dinner
Vitamin C (13) for lunch Flintstone & Vitamin C for dinner	Vitamin C (14) for lunch Flintstone & Vitamin C for dinner	Vitamin C (15) for lunch Flintstone & Vitamin C for dinner	Vitamin C (16) for lunch Flintstone & Vitamin C for dinner 3rd Quarter Moon	Vitamin C (17) for lunch Flintstone & Vitamin C for dinner	Vitamin C (18) for lunch Flintstone & Vitamin C for dinner	Vitamin C (19) for lunch Flintstone & Vitamin C for dinner
Vitamin C (20) for lunch Flintstone & Vitamin C for dinner	Flintstone (21) & Vitamin C for dinner only	Cake talk (22) Vitamin C for dinner only	Vitamin C (23) for lunch Flintstone & Vitamin C for dinner	Vitamin C (24) for lunch Flintstone & Vitamin C for dinner	Vitamin C (25) for lunch Flintstone & Vitamin C for dinner	Flintstone (26) & Vitamin C for dinner only

AUGUST
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SEPTEMBER 2022

9-8-14-
2022
RF Period

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Vitamin C ⁽¹⁾ for Lunch	Vitamin C ⁽²⁾ for Lunch	Vitamin C ⁽³⁾ for Lunch
				Flintstone Vitamin C for Dinner	Flintstone Vitamin C for Dinner	Flintstone & Vitamin C 1st Quarter Moon
Vitamin C ⁽⁴⁾ for Lunch	Vitamin C ⁽⁵⁾ for Lunch	Vitamin C ⁽⁶⁾ for Lunch	Vitamin C ⁽⁷⁾ for Lunch	Vitamin C ⁽⁸⁾ for Lunch	Vitamin C ⁽⁹⁾ for Lunch	Vitamin C ⁽¹⁰⁾ for Lunch
Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	RF Period Vitamin C for Dinner only	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner
Vitamin C ⁽¹¹⁾ for Lunch	Vitamin C ⁽¹²⁾ for Lunch	Vitamin C ⁽¹³⁾ for Lunch	Vitamin C ⁽¹⁴⁾ for Lunch	Vitamin C ⁽¹⁵⁾ for Lunch	Vitamin C ⁽¹⁶⁾ for Lunch	Vitamin C ⁽¹⁷⁾ for Lunch
Flintstone Vitamin C for National Grandparents Day	Flintstone Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner
Vitamin C ⁽¹⁸⁾ for Lunch	Flintstone & Vitamin C for Dinner only	11:30 am Dr. Marc ⁽²⁰⁾ Vitamin C for Lunch	Vitamin C ⁽²¹⁾ for Lunch	Vitamin C ⁽²²⁾ for Lunch	Vitamin C ⁽²³⁾ for Lunch	Vitamin C ⁽²⁴⁾ for Lunch
Flintstone Vitamin C for Dinner	9 am - 10 am Vitamin C	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner
				Fall Equinox		

OCTOBER
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NOVEMBER 2022

DECEMBER
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Vitamin C for Lunch (1) Flintstone & Vitamin C for Dinner 1st Quarter Moon	Vitamin C for Lunch (2) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (3) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (4) R Period Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (5) Flintstone & Vitamin C for Dinner
Vitamin C for Lunch (6) Flintstone & Vitamin C for Dinner Daylight Saving Time Ends	Vitamin C for Lunch (7) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (8) Flintstone & Vitamin C for Dinner Election Day Full Moon	Vitamin C for Lunch (9) Flintstone & Vitamin C for Dinner	R Period (10) Flintstone & Vitamin C for Dinner * Curio delivery 9am - 9pm	11am Dentist (11) Flintstone & Vitamin C for Dinner Veterans Day Remembrance Day (Canada)	Vitamin C for Lunch (12) Flintstone & Vitamin C for Dinner
Vitamin C for Lunch (13) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (14) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (15) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (16) Flintstone & Vitamin C for Dinner 3rd Quarter Moon	Vitamin C for Lunch (17) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (18) Flintstone & Vitamin C for Dinner	Vitamin C for Lunch (19) Flintstone & Vitamin C for Dinner
Vitamin C for Lunch (20) Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner only (21)	Lake Tahoe (22) Vitamin C for Dinner only	Vitamin C for Lunch (23) Flintstone & Vitamin C for Dinner New Moon	Vitamin C for Lunch (24) Flintstone & Vitamin C for Dinner Thanksgiving Day	Vitamin C for Lunch (25) Flintstone & Vitamin C for Dinner	Flintstone & Vitamin C for Dinner only (26)
Vitamin C for Lunch (27)	Vitamin C for Lunch (28)	Lake Tahoe, CA (29) No Vitamins	Vitamin C for Lunch (30)			